



THE ACUTE LOSS PERIOD

Copyright Legacy Chapels 2006

EMOTIONAL NEEDS

HEARING

Powerful emotions accompany the news that someone we love has died. For most people, their first thought is, "I can't believe they're gone." The more unexpected the death, the more emotionally charged the survivors' response.

SHARING

The emotional need to share the sad news allows survivors to express their initial feelings about the loss. While this sharing is comforting, it often leads to the question, "When will the service be held?" This can cause additional stress for those responsible for planning.

RELATIONAL NEEDS

SEEING

As they face their common loss, friends and family of the deceased begin their journey to healing by expressing words of affection and saying a final goodbye. Their relationships are strengthened when surrounded by loved ones.

GATHERING

In gathering with friends and family, survivors are reminded that though something significant has changed in their lives, they can still find familiar comfort in the company of others.

CONNECTING

Though they gather with many, survivors will more deeply connect with a few close friends and family members, who will form a support network in the days and weeks following their loss.

SPIRITUAL NEEDS

REFLECTING

When we are loved, love changes us. As friends and family reflects on how the deceased has touched their lives, they will embrace memories that nurture healing. This period of reflection can be an important time of restoration and renewal that helps loved ones to evaluate the most important things in life.

CELEBRATING

In this context, celebrating is not the same as "throwing a party" or "marking a holiday." Celebrating a life allows for a special combination of emotional expressions – the sadness of loss and the joy of love shared.

An Intentional Plan to Begin Healing

If you have experienced a loss, your most important decision isn't whether to choose burial or cremation. Your most important decision will be to fully understand how your choices impact the emotional, relational, and spiritual well-being of those who cared for, loved, and shared life with your loved one.

In his book, *When We Must Say Farewell*, Karl Jennings writes "In the end, your death doesn't belong to you, it belongs to anyone who has ever cared for, loved, or shared life with you."

Our focus is to help you successfully navigate the Acute Loss Period, which is the crucial time between the event of death and the onset of grief. Our goal is to lead you through the seven phases of the Acute Loss Period in ways that will foster healing for you and the community- at the time of loss and in the days, weeks, and months that follow.

Our purpose is to ensure every family has an intentional plan to begin healing at the time of loss and to help them establish the vital habits and behaviors they will need for a healthy grief experience.

